# Preparing to Meet Jesus: Finding Peace in Grief



A 21-day journey helping believers face death with peace, purpose, and joyful expectation through Scripture and reflection.





#### Table of contents

Introduction	4
Day 1: A Embracing God's Presence in Grief	6
<u>Day 2: Sus, the Source of Peace Beyond Death</u>	12
Day 3: Tinding Purpose in Life's Final Chapter	18
Day 4: 1 Mourning with Hope: The Resurrection Promise	24
Day 5:  God's Comfort in Tears	30
<u>Day 6: ₩ Living with Joyful Expectation</u>	36
<u>Day 7:  Trusting God's Sovereignty in Death</u>	42
Day 8: Besting in God's Promise of Eternal Life	48
<u>Day 9: ₩ Hope Beyond the Darkness</u>	54
Day 10: The Spirit's Comfort and Guidance	60
Day 11: / Holding on to God's Promises	66
Day 12: Transforming Sorrow into Praise	72
Day 13: 6 Strengthened by God's Grace	78
Day 14: A Hope Inspired by God's Faithful Promises	84
Day 15:  God's Peace That Calms the Storm	90
Day 16: Surrendering Control to God	96











#### Introduction

**Facing death and grief** is one of the most profound challenges every believer will encounter. Yet, through faith in Jesus Christ, we find a hope that transcends pain and an assurance that death is not the end but a doorway to eternal life. This 21-day Bible study is designed to help you *prepare your heart and mind* to meet Jesus with peace, purpose, and a joyful expectation—even as you navigate the difficult emotions and questions surrounding grief.

Grief touches every part of our lives—it touches our memories, our hopes, and our everyday reality. Yet Scripture provides a path to walk through this valley with the confidence that God is near, that Jesus has overcome death, and that He promises resurrection and eternal life. Over these three weeks, we'll explore God's Word to uncover *what He says about grief*, the hope of heaven, the purpose of our faith as life draws to a close, and how to cultivate peace and joy even amid sorrow.

As we journey together, we will lean on God's promises and grace, reflect deeply on His character, and prepare our hearts to meet Him face-to-face. Whether you're personally wrestling with loss, supporting a loved one, or simply want to deepen your faith in the face of mortality, this study will guide you toward trust, peace, and the surpassing joy found only in Christ.

Remember, **Jesus walks with you** every step of this journey: to comfort your heart, to strengthen your spirit, and to prepare your soul to see Him in glory.







May this study be a source of strength and hope as you anticipate the day when sorrow turns into celebration in His eternal presence.

















#### Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."







#### Devotional: God's Nearness to the Brokenhearted

Grief often leaves us feeling isolated and overwhelmed. Many experience loneliness even in a room full of friends and family. Yet the Bible reveals a comforting truth: *God is intimately close to those who are brokenhearted.* Psalm 34:18 assures us that the Lord doesn't distance Himself from those who grieve; instead, He draws near to heal and save.

This proximity of God means you are never alone in your pain. When sorrow consumes your spirit, the Lord's presence surrounds and strengthens you. Just as a loving Father holds his child tenderly, God holds your heart with compassionate care in this difficult season.

Jesus also blesses those who mourn, promising comfort and hope beyond the present suffering. This is not a superficial consolation but a deep spiritual assurance that God's love meets us in our pain and transforms grief into a pathway of healing.

As you begin this study, open your heart to experience God's intimate presence amidst loss. Allow yourself to lean into His comforting arms, trusting that He is with you every step of the way.







### Reflect and Apply

	How does knowing God is close to the brokenhearted change your view of your grief?
	What fears or doubts might keep you from fully trusting God with your pain?
3.	In what ways can you invite God more deeply into your grieving process today?







#### **Journaling Prompts**

1.	Write about a time you felt God's presence during a difficult moment.
	Describe how you experience loneliness in your grief and imagine God's nearness in that space.
	List ways you can remind yourself God is with you even when your feelings overwhelm you.







#### Prayer for Today

Lord, thank You for drawing near to me in my brokenness. Even when I feel crushed in spirit, help me to sense Your comforting presence. Calm my fears and replace my loneliness with Your peace. Teach me to rest in Your unfailing love and embrace the hope You offer in the midst of grief.

May Your nearness be my refuge today and always. Amen. 🙏 🌙 🤤













# Day 2: Sus, the Source of Peace Beyond Death









Day 2: W Jesus, the Source of Peace Beyond Death

#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

#### **Supporting Scriptures**

- Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."







Day 2: 🐯 Jesus, the Source of Peace Beyond Death

#### Devotional: Receiving the Eternal Peace of Christ

When facing death, one natural response is fear and anxiety. The uncertainty and finality can shake even the strongest faith. Yet Jesus offers a peace unlike any the world can give—a peace that calms troubled hearts and casts out fear.

In John 14:27, Jesus promises His followers a deep and abiding peace. This peace is not dependent on circumstances or absence of pain but flows from the presence of Christ Himself. It is a spiritual reality that transcends human understanding.

As we prepare to meet Jesus, embracing His peace allows us to face death not with terror but with a calm confidence. The peace of God acts as a guard over our hearts and minds, protecting us from despair and empowering us to trust Him fully.

Allow yourself to receive this peace today. Let go of fear, knowing Christ walks before you and within you, holding your hand as you prepare for eternity.







Day 2: 🖏 Jesus, the Source of Peace Beyond Death

## Reflect and Apply

	What fears about death and the afterlife do you hold onto that might hinder you from receiving Christ's peace?
	How can you practice resting in Jesus' peace when anxiety threatens to overwhelm you?
3.	In what ways does God's peace 'transcend understanding' in your life?







Day 2: 🖏 Jesus, the Source of Peace Beyond Death

#### **Journaling Prompts**

1.	Write about what peace means to you in the context of death and dying.
2.	Describe how Jesus' promise of peace influences your emotions and thoughts about your future.
3.	List scriptural truths that help you replace fear with faith today.







Day 2: 🖏 Jesus, the Source of Peace Beyond Death

#### Prayer for Today

**Dear Jesus,** thank You for the peace You freely give. Help me to receive this peace deeply in my heart today, especially when fear creeps in. *Remind me that Your peace isn't like the world's—it is lasting and complete.* Calm my troubled thoughts and strengthen my faith so I can face tomorrow with courage and hope.

May Your peace rule in my heart always. Amen. 🙏 😊 🥥















#### Your Verse

Philippians 1:21 - "For to me, to live is Christ and to die is gain."

#### **Supporting Scriptures**

- 2 Corinthians 5:8 "We are confident, I say, and would prefer to be away from the body and at home with the Lord."
- Romans 14:8 "If we live, we live for the Lord; and if we die, we die for the Lord."







#### Devotional: Living and Dying for Christ's Glory

As believers, our purpose extends beyond the length of our days. The Apostle Paul powerfully affirms that whether we live or die, our ultimate goal is Christ. Death becomes not a loss but a gain—the joyful transition into His presence.

This truth reorients how we view life's final chapter. We are called to live intentionally, with eyes fixed on Christ, and to face death with a hopeful expectation that it brings us home.

Purpose in this season looks like surrender—releasing control and embracing God's plan. It looks like faithfulness in small acts and ministry to others, even when days are numbered. It looks like anticipating reunion with Christ, knowing that "to die is gain" means eternal joy awaits.

Reflect today on your purpose and how you can live with meaning and hope as you prepare to meet the Lord.







### Reflect and Apply

	How does seeing death as 'gain' change your attitude toward the end of life?
2.	What does it mean to live wholly for Christ in your current season?
	How can you express faithfulness and purpose despite physical limitations?







#### **Journaling Prompts**

1.	Write about what you want your final season to reflect about your faith.
2.	List ways you can serve or encourage others during this time.
3.	Describe your hopes and expectations for meeting Jesus face-to-face.







#### Prayer for Today

**Jesus,** help me to embrace my purpose in You, whether I live or die. Teach me to live fully for Your glory and to face death with gladness, knowing it brings me to Your presence. *Strengthen my faith and give me grace to surrender wholly to Your will.* May my life and death bring honor to Your name.

Amen. 🙏 🛟 😊















#### Your Verse

1 Thessalonians 4:13-14 - "Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. For we believe that Jesus died and rose again."

#### Supporting Scriptures

- John 11:25–26 "I am the resurrection and the life. The one who believes in me will live, even though they die."
- Romans 6:5 "For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his."







#### Devotional: Hope Anchored in the Resurrection

Grieving without hope can feel endless and despairing. But as believers, we grieve with a different perspective—the hope of resurrection through Jesus Christ. The Apostle Paul encourages us not to grieve like those with no hope, because our Savior's victory over death promises eternal life.

Jesus declared Himself the resurrection and the life, assuring us that belief in Him leads to everlasting life even beyond physical death. This foundational truth anchors our mourning with hope—knowing that the separation we experience is temporary, and reunion awaits.

Even as grief pierces our hearts, the resurrection promise invites us to look beyond our present pain toward joy and restoration. Let this hope shape your grieving process, infusing it with faith and expectation.

Today, meditate on the resurrection and let its power refresh your soul and steady your heart.







### Reflect and Apply

1.	How does the promise of resurrection influence your experience of grief?
	In what ways can you hold onto hope while mourning a loved one or your own approaching death?
3.	What does eternal life mean to you personally?







#### **Journaling Prompts**

1.	Write a letter to Jesus expressing your hopes and fears about resurrection and eternal life.
2.	List Bible verses that encourage you about life after death.
3.	Describe how the resurrection impacts your understanding of God's love.







#### **Prayer for Today**

Father, thank You for the hope of resurrection through Jesus Christ. In moments of grief, remind me that death is not the end but a new beginning in Your presence. Help me to cling to this hope and let it soothe my sorrow. Sustain me with the promise of eternal life and joy beyond measure.

Amen. 🙏 💛 🥦









# Day 5: 🛱 God's Comfort in Tears









Day 5: God's Comfort in Tears

#### Your Verse

Revelation 21:4 - "'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain."

#### **Supporting Scriptures**

- Psalm 56:8 "You keep track of all my sorrows. You have collected all my tears in Your bottle."
- Isaiah 53:3 "He was despised and rejected by mankind, a man of suffering, and familiar with pain."







Day 5: 🛱 God's Comfort in Tears

#### Devotional: Tears Held Tenderly by God

It's natural and healthy to grieve through tears. God doesn't despise our sorrow; in fact, He collects our tears with tender care—as if each drop matters deeply to Him. This is a beautiful picture of God's empathy and compassion for our pain.

Revelation 21:4 speaks to a future where sorrow ends and God personally wipes away every tear. This promise offers immense comfort and reminds us that our grief is seen and honored in heaven.

Jesus Himself experienced suffering and rejection; He understands our pain because He walked this path first. In your grief, you are not alone—He walks beside you, feeling your anguish and offering peace.

Allow yourself to lean into God's comforting presence today. Let your tears be a prayer, a language through which God hears your heart.







Day 5: 💮 God's Comfort in Tears

#### Reflect and Apply

1.	How does knowing God collects your tears affect your grieving process?
2.	What feelings or fears do you need to bring to God honestly today?
3.	How can Jesus' suffering inspire you to trust Him with your pain?







Day 5: 😭 God's Comfort in Tears

#### **Journaling Prompts**

1.	Write about your tears—what emotions come with them and what you'd like God to know.
2.	List ways God has comforted you in moments of sorrow.
3.	Describe what it means for you that God will one day wipe away all tears.







Day 5: 💮 God's Comfort in Tears

#### Prayer for Today

**Lord, thank You for caring about every tear I shed.** Help me to feel Your comforting presence when sorrow overwhelms me. *Teach me to bring my pains and fears to You openly, trusting in Your gentle love.* I look forward to the day when You wipe away all tears and sorrow ends.

Amen. 🙏 😥 🛟







# Day 6: 🛠 Living with Joyful Expectation









Day 6: 🛠 Living with Joyful Expectation

#### Your Verse

1 Peter 1:8-9 - "Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in Him."
- Psalm 16:11 "You make known to me the path of life; you will fill me with joy in your presence."







Day 6: 🛠 Living with Joyful Expectation

### Devotional: Joy Rooted in Faith and Hope

Facing death can sometimes overshadow joy with fear or sadness. However, Scripture encourages believers to cultivate a joy that springs from loving and trusting Christ, even when He isn't visible.

Peter reminds us that faith produces an "inexpressible and glorious joy" that fills our hearts as we look forward to meeting Jesus. This joy is not dependent on earthly conditions but is rooted deeply in hope and trust.

Choosing joy in your final days is a testimony of the transforming power of Christ's love. It signals a heart that anticipates Him with gladness, despite sorrow.

Invite this joy into your life today. Reflect on the hope you have in Christ and allow it to lighten your spirit and brighten your outlook.







Day 6: ≰ Living with Joyful Expectation

## Reflect and Apply

1.	What does joyful expectation look like amid grief and fear?
2.	How can faith strengthen joy even when circumstances are difficult?
3.	In what ways can you express joy authentically in this season?







Day 6: ≰ Living with Joyful Expectation

## **Journaling Prompts**

1.	Write about moments when faith brought you joy despite challenges.
	List things—big or small—that bring you joy as you prepare to meet Jesus.
3.	Describe how you want joy to shape your final days.







Day 6: ∰ Living with Joyful Expectation

## Prayer for Today

**Jesus, fill my heart with Your inexpressible joy.** Help me to trust You fully and to anticipate meeting You with gladness. *May joy be my strength, shining brightly even in the face of grief.* Thank You for being my hope and my peace.

Amen. 🙏 🎇 😊















#### Your Verse

Romans 8:38-39 - "For I am convinced that neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord."

#### **Supporting Scriptures**

- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me."
- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."







### Devotional: God's Unbreaking Love and Control

**Death can feel like the ultimate loss of control.** Yet Scripture reminds us that nothing—not even death—can separate us from God's love. This truth gives us security and peace as we acknowledge God's sovereignty over all seasons of life and death.

Psalm 23 paints a beautiful picture of God as our Shepherd, walking with us even through the darkest valleys. His presence protects and escorts us safely to the other side.

Ecclesiastes teaches that every season is ordained by God, including the time of our departure from this life. Trusting this divine timing brings comfort and assurance that we do not face death alone or unexpectedly, but within God's loving plan.

Today, surrender your fears about death and affirm your trust in God's unbroken love and perfect timing.







## Reflect and Apply

	How does knowing God is sovereign over life and death help ease your fears?
	What areas of your feelings about death would benefit from trusting God more fully?
3.	How can you remind yourself daily that God's love is unbreakable?







## **Journaling Prompts**

	Write about what it means to you that God is in control over your final days.
2.	List fears or doubts you want to surrender to God's sovereign love.
3.	Describe how Psalm 23 brings comfort to your soul.







## Prayer for Today

**Father, I place my trust in Your sovereign love.** Help me to surrender my fears and doubts to You, knowing that nothing can separate me from Your presence. *Walk with me through life's darkest valleys and lead me safely to Your peace.* Thank You for Your unending faithfulness.

Amen. 🙏 🗪 🏲







# Day 8: Æ Resting in God's Promise of Eternal Life









Day 8: Besting in God's Promise of Eternal Life

#### Your Verse

John 3:16 - "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

#### **Supporting Scriptures**

- Titus 3:7 "He saved us...so that, having been justified by his grace, we might become heirs having the hope of eternal life."
- Hebrews 10:14 "Because by one sacrifice he has made perfect forever those who are being made holy."







Day 8: Besting in God's Promise of Eternal Life

#### Devotional: Peace in Eternal Inheritance

One of the most beautiful promises in Scripture is that believers have eternal life through faith in Jesus. John 3:16 encapsulates this hope—because God loves us, He offers us a future that outlasts death and suffering.

Being justified by grace means that we are seen as perfect and holy before God, not because of our works but because of Jesus' sacrifice. This assurance gives us rest from fear and restlessness, knowing our place in God's eternal family is secure.

As you reflect today, rest in the promise that death does not have the final word. Your inheritance is eternal, and your home with God awaits.

Allow this eternal perspective to bring peace and hope to your heart.







Day 8: 💋 Resting in God's Promise of Eternal Life

## Reflect and Apply

1.	What does eternal life mean to you beyond simply 'living forever'?
2.	How does God's grace comfort you as you prepare for death?
3.	In what ways can you rest more fully in your status as God's child?







Day 8: 💋 Resting in God's Promise of Eternal Life

## **Journaling Prompts**

1.	Write about your understanding of God's love and grace toward you.
2.	Describe how the promise of eternal life affects your present life.
3.	List any fears diminished by embracing your eternal inheritance.







Day 8: Besting in God's Promise of Eternal Life

## Prayer for Today

Lord, thank You for the gift of eternal life through Jesus. Help me to rest deeply in Your promises and grace. *Calm my heart when fear arises and fill me with peace that surpasses understanding.* May I live each day confident in my place as Your beloved child.

Amen. 🙏 💛 🌈

















Day 9: 😂 Hope Beyond the Darkness

#### Your Verse

Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

#### **Supporting Scriptures**

- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."
- Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."







Day 9: 😂 Hope Beyond the Darkness

#### Devotional: God's Faithfulness in the Midst of Sorrow

**Grief can feel like a long, dark night.** Yet God's mercy is new every morning, bringing fresh hope and sustaining strength. Lamentations reminds us that we are not overwhelmed or consumed by our trials because of God's steadfast love and faithfulness.

There is a rhythm to sorrow—periods of weeping followed by joy. Though grief may press hard, God promises a morning of rejoicing awaits. This hope fuels endurance and patience as we face days of difficulty.

Place your trust in God's unchanging character today. Choose to hold onto hope and be faithful in prayer, knowing that renewal is coming.







Day 9: 🔀 Hope Beyond the Darkness

## Reflect and Apply

1.	How does God's faithfulness encourage you in times of grief?
2.	What does it mean to have hope each morning despite ongoing pain?
3.	How can you cultivate patience and faithfulness during affliction?







Day 9: 🔅 Hope Beyond the Darkness

## **Journaling Prompts**

Write about a time when God's mercy was new for you in a hard season.
List ways to remind yourself of God's faithfulness daily.
Describe how you can remain joyful in hope even during sorrow.







Day 9: 🐯 Hope Beyond the Darkness

## Prayer for Today

**Gracious God, thank You for Your never-failing compassion.** When grief weighs heavy, renew my strength each day. *Help me to wait patiently and hold onto hope, trusting in Your faithfulness.* May I find joy in Your presence and peace in Your love.

Amen. 🙏 辥 🍁







## Day 10: The Spirit's Comfort and Guidance









Day 10: W The Spirit's Comfort and Guidance

#### Your Verse

John 14:16–17 – "And I will ask the Father, and he will give you another Advocate to help you and be with you forever—the Spirit of truth."

#### **Supporting Scriptures**

- Romans 8:26 "The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express."
- 2 Corinthians 1:3-4 "The God of all comfort, who comforts us in all our troubles."







Day 10: W The Spirit's Comfort and Guidance

## Devotional: The Holy Spirit as Our Ever-Present Helper

In grief and uncertainty, the Holy Spirit is our abiding comforter and guide. Jesus promised the Spirit would dwell with us forever, providing help, truth, and peace.

Often, words fail us in sorrow, but the Spirit intercedes with deep groans beyond language, communicating directly to God on our behalf. This divine assistance brings comfort that transcends our understanding and meets us in our weakness.

Today, invite the Holy Spirit to fill your heart. Lean into His presence to receive guidance, strength, and peace as you navigate grief and prepare to meet Jesus.







Day 10: 🖏 The Spirit's Comfort and Guidance

## Reflect and Apply

1.	How have you experienced the Holy Spirit's comfort in your life?
2.	What might it look like to rely more fully on the Spirit during grief?
3.	In what ways does the Spirit intercede for you when you cannot pray?







Day 10: 🖏 The Spirit's Comfort and Guidance

## **Journaling Prompts**

1.	Write about moments when you felt guided or comforted by the Spirit.
2.	Describe how you can invite the Spirit's help in your sorrow today.
3.	List any prayers or feelings you want the Spirit to carry to God.







Day 10: W The Spirit's Comfort and Guidance

## Prayer for Today

Holy Spirit, thank You for being my eternal Helper. Comfort me in my weakness and guide my heart toward peace. *Intercede for me when I don't have the words to pray and surround me with Your presence.* Teach me to lean fully on You every day.

Amen. 🙏 😉 🙏

















#### Your Verse

2 Corinthians 1:20 – "For no matter how many promises God has made, they are 'Yes' in Christ."

#### **Supporting Scriptures**

- Hebrews 10:23 "Let us hold unswervingly to the hope we profess, for He who promised is faithful."
- Psalm 119:50 "My comfort in my suffering is this: Your promise preserves my life."







### Devotional: Anchored by Divine Promises

When grief threatens to shake your faith, hold tightly to God's promises.

Every promise God has made finds its fulfillment in Christ—our unchanging 'Yes' and assurance.

This truth allows us to stand firm even amid sorrow, knowing God's faithfulness is steadfast. The Psalmist shares that God's promises preserve life and provide comfort in suffering.

Recall the promises of Scripture that resonate most deeply with you and meditate on them daily. Let these sacred assurances strengthen and anchor your soul.







## Reflect and Apply

1.	Which biblical promises have brought comfort to your heart recently?
2.	How can focusing on God's promises transform your experience of grief?
	What practical steps can you take to remember and rely on these promises?







## **Journaling Prompts**

1.	Write your favorite promises of God and what they mean to you personally.
2.	Describe how trusting in God's faithfulness affects your grief journey.
3.	Create a personal prayer declaring your trust in God's promises.







## Prayer for Today

Faithful God, thank You that Your promises are true and unchanging. Help me to hold onto Your Word when grief threatens to overwhelm me. *Let Your faithfulness be the anchor for my soul and the light in my darkness.*Strengthen my hope and sustain me by Your Word.

Amen. 🙏 🔁 🖓







## Day 12: Transforming Sorrow into Praise









#### Your Verse

Psalm 30:11 - "You turned my wailing into dancing; you removed my sackcloth and clothed me with joy."

#### **Supporting Scriptures**

- Isaiah 61:3 "...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning."
- Psalm 42:11 "Why, my soul, are you downcast? Put your hope in God, for I will yet praise him."







### Devotional: From Mourning to Joyful Worship

God is in the business of transforming our deepest sorrows into reasons for praise. David's psalm expresses this profound turnaround—from sorrow and wailing to dancing and joy.

Isaiah describes how the Lord rewards faith by exchanging ashes for beauty and mourning for joy. This transformation is not immediate but grows as we place our hope in God through the darkest times.

Choose today to lift your heart toward praise, even if it feels difficult. By inviting God into your grief, you participate in His healing work—turning despair into celebration.







# Reflect and Apply

1.	How can praise become an act of faith in your current grief?
2.	What are some ways you can praise God despite sorrowful feelings?
3.	Have you experienced times when grief was turned into joy? How?







## **Journaling Prompts**

1.	Write a psalm or prayer lifting God up from your place of grief.
2.	List the ways God has brought hope or joy into your suffering.
3.	Describe what 'dancing' looks like for you spiritually in this season.







## Prayer for Today

Lord, I thank You for Your power to turn mourning into joy. Help me to offer You praise even when my heart is heavy. *May my faith grow as I experience Your restoration and love.* Use my sorrow for Your glory and my healing.

Amen. 🙏 🏂 🙎

















Day 13: 🖰 Strengthened by God's Grace

#### Your Verse

2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."

#### **Supporting Scriptures**

- Hebrews 4:16 "Let us then approach God's throne of grace with confidence."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 13: 6 Strengthened by God's Grace

## Devotional: Grace Sustaining the Weary

We often feel weakest in grief and fear, yet in these moments, God's grace is most evident. Paul's testimony reminds us that God's power shines brightest in our weakness.

This grace doesn't just help us endure; it empowers us to face each day with renewed strength. It invites us to come boldly to God's throne, finding refuge and confidence amid trials.

Today, embrace God's grace as your sustaining power. Admit your weaknesses and receive His strength, knowing you are never without help.







Day 13: 💍 Strengthened by God's Grace

## Reflect and Apply

1.	How do you experience God's grace in your weakest moments?
2.	What weaknesses are you willing to surrender to God today?
3.	How can you approach God with confidence in your grief?







Day 13: 💍 Strengthened by God's Grace

## **Journaling Prompts**

1.	Write about a moment you felt strong because of God's grace.
2.	List ways God has been your refuge during times of trouble.
3.	Describe what it means to receive grace when feeling weak.







Day 13: 🖰 Strengthened by God's Grace

## Prayer for Today

**Gracious Lord, thank You for Your sufficient grace.** In my weakness, fill me with Your power and strength. *Help me to approach Your throne with confidence and find refuge in You.* Sustain me each day and remind me that Your grace is always enough.

Amen. 🙏 💪 🙏







# Day 14: Promises Hope Inspired by God's Faithful Promises









#### Your Verse

Lamentations 3:24 – "The Lord is my portion,' says my soul, 'therefore I will hope in him."

#### **Supporting Scriptures**

- Hebrews 6:19 "We have this hope as an anchor for the soul, firm and secure."
- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."







#### Devotional: God as Our Portion and Anchor

In the face of loss, God Himself becomes our greatest treasure and security. When all else fades, declaring "The Lord is my portion" centers our hope in His unchanging character.

The writer of Hebrews calls this hope an anchor—holding us steady through life's storms. Even when physical strength fades, God remains our strength and portion forever.

Today, fix your soul on God alone. Let Him be your hope and security as you prepare to meet Him.







# Reflect and Apply

1.	What does it mean for God to be your portion in life and death?
2.	How can hope in God act as an anchor for your soul now?
	In what ways can trusting God as your strength change your perspective on grief?







## **Journaling Prompts**

1.	Write about why God is your greatest treasure in this season.
2.	List ways God anchors your hope when everything feels uncertain.
	Describe moments when God was your strength despite physical weakness.







## Prayer for Today

**Lord, You are my portion and my hope.** Anchor my soul firmly in You so I will not be shaken by fear or grief. *Strengthen my heart and help me rely fully on Your unfailing love.* I place my trust in You alone.

Amen. 🙏 🖺 🏉







# Day 15: God's Peace That Calms the Storm









Day 15: **B** God's Peace That Calms the Storm

#### Your Verse

Mark 4:39 - "He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm."

#### **Supporting Scriptures**

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast because they trust in you."
- John 16:33 "I have told you these things, so that in me you may have peace. In this world you will have trouble but take heart! I have overcome the world."







Day 15: **B** God's Peace That Calms the Storm

#### Devotional: Jesus Calms Our Inner Turmoil

Just as Jesus calmed the raging storm on the sea, He calms the storms within our hearts. Grief can feel like turbulent waves threatening to overwhelm us, but Jesus speaks peace into that chaos.

Isaiah assures us that God will keep in perfect peace those who trust Him. Jesus reminds us that although trouble is inevitable, His victory has already been won, allowing us to take heart.

Invite Jesus to quiet your fears and anxieties today. Trust that His peace can still your soul, no matter the storms around you.







Day 15: 🥬 God's Peace That Calms the Storm

## Reflect and Apply

1.	What internal storms or fears need Jesus' calming touch in your life?
2.	How can steadfast trust in God cultivate perfect peace in your heart?
3.	In what way does Jesus' victory encourage you amid trials?







Day 15: 🥬 God's Peace That Calms the Storm

## **Journaling Prompts**

1.	Write about fears Jesus can calm if you surrender them to Him.
2.	Describe what perfect peace looks like to you personally.
3.	List ways to nurture steadfast trust during hard moments.







Day 15: BG God's Peace That Calms the Storm

## Prayer for Today

**Jesus, You are my peace amid the storms.** Speak into my heart—"Quiet! Be still." *Help me to trust You fully so that Your perfect peace guards my mind and soul.* Thank You for overcoming the world and giving me hope.

Amen. 🙏 省 😊

















#### Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Psalm 37:5 "Commit your way to the Lord; trust in Him and He will act."







## Devotional: Finding Rest in God's Guidance

**Grief often feels like a loss of control over our life and future.** Proverbs invites us to surrender our understanding and our ways fully to God.

When we trust and commit our path to Him, God promises to direct and straighten the way before us. Jesus offers rest to the weary and burdened—perfect rest for those struggling beneath grief's weight.

Surrender isn't about weakness; it is about strength through trusting God. Let go of striving to understand or control your situation and receive the rest only He can give.







# Reflect and Apply

What areas of your grief journey are you hesitant to surrender to God?
How does submission to God's guidance bring rest to your soul?
What keeps you from trusting God fully right now?







## **Journaling Prompts**

1.	Write a prayer of surrender to God's will and guidance.
2.	List fears or worries you want to give to God.
3.	Describe ways you can consciously choose to trust God daily.







## Prayer for Today

**Lord, help me to trust You with all my heart.** Teach me to lean not on my own understanding but to submit fully to Your guidance. *Give me rest for my soul as I surrender control to You today.* Lead my steps and straighten my path according to Your perfect will.

Amen. 🙏 💪 🎘







# Day 17: Holding Fast Amidst Life's Trials









Day 17: 🚯 Holding Fast Amidst Life's Trials

#### Your Verse

Hebrews 10:23 – "Let us hold unswervingly to the hope we profess, for He who promised is faithful."

#### **Supporting Scriptures**

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Day 17: 🚯 Holding Fast Amidst Life's Trials

## Devotional: Persevering in Faith and Hope

**Grief tests our faith and endurance.** Hebrews encourages us to hold fast to the hope we profess, anchoring our souls in God's faithfulness.

Perseverance through trials leads to spiritual reward and renewed strength. God promises to empower those who place hope in Him.

Today, focus on standing firm in your faith, choosing hope as your lifeline. Even when weariness tempts discouragement, God's faithfulness remains constant.







Day 17: 🐞 Holding Fast Amidst Life's Trials

# Reflect and Apply

	How can you hold unswervingly to hope even when grief feels overwhelming?
2.	What spiritual disciplines help you persevere in faith?
3.	How does God renew your strength in difficult times?







Day 17: 🐞 Holding Fast Amidst Life's Trials

## **Journaling Prompts**

1.	Write about a time when perseverance brought you closer to God.
2.	List spiritual practices that encourage endurance in grief.
3.	Describe how you want hope to sustain you going forward.







Day 17: 🚯 Holding Fast Amidst Life's Trials

## Prayer for Today

**Faithful God, help me to hold fast to the hope You provide.** Strengthen me to persevere through trials and grief. *Renew my strength as I place my hope firmly in You.* I trust Your promises and faithfulness forever.

Amen. 🙏 💪 👛

















Day 18: 😩 Living with Eternal Perspective

#### Your Verse

2 Corinthians 4:17–18 – "Our light and momentary troubles are achieving for us an eternal glory that far outweighs them all."

#### **Supporting Scriptures**

- Colossians 3:2 "Set your minds on things above, not on earthly things."
- Philippians 3:20 "Our citizenship is in heaven."







Day 18: 🚨 Living with Eternal Perspective

### Devotional: Keeping Eyes on Eternal Glory

Grief and suffering are temporary compared to the eternal glory promised to believers. Paul reminds us that our present troubles are light and momentary in contrast with the weight of glory to come.

Setting our minds on heavenly things transforms how we experience pain and loss. Our true citizenship is in heaven, and this perspective brings peace and priority to our earthly lives.

Today, challenge yourself to fix your focus on eternity. Let the promise of future glory lighten today's sorrows.







Day 18: 😂 Living with Eternal Perspective

# Reflect and Apply

1.	How can an eternal perspective change your experience of grief?
2.	What earthly attachments might you need to release to focus on heaven?
3.	How does knowing your citizenship is in heaven influence your daily life?







Day 18: 😂 Living with Eternal Perspective

# **Journaling Prompts**

1.	Write about how eternal glory impacts your view of present suffering.
2.	List ways to cultivate a heavenly mindset amid challenges.
3.	Describe how focusing on heaven gives you peace today.







Day 18: 🚨 Living with Eternal Perspective

## Prayer for Today

Lord, help me to fix my eyes on eternal things. Remind me that my present trials are brief compared to the glory You prepare. *Give me strength to live with heaven in my heart and peace in my soul.* Help me release earthly fears and embrace my true citizenship in You.

Amen. 🙏 🔵 💛







# Day 19: XX Confidence in Christ's Victory Over Death









Day 19: 🎇 Confidence in Christ's Victory Over Death

#### Your Verse

1 Corinthians 15:54–55 – "Death has been swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?"

#### **Supporting Scriptures**

- Revelation 1:18 "I am the Living One; I was dead, and now look, I am alive forever and ever!"
- Romans 8:37 "In all these things we are more than conquerors through Him who loved us."







Day 19: 🎇 Confidence in Christ's Victory Over Death

### Devotional: Victory Over Death Through Jesus

**Death once carried a sting of fear and finality.** But through Jesus' resurrection, death has lost its power and sting. Paul celebrates this victory, giving believers unshakable confidence.

Jesus, the Living One, conquered death and life eternal. As His followers, we share in that victory and stand as more than conquerors through His love.

Reflect on this triumphant truth today and let it strengthen your heart to meet whatever lies ahead with confidence and joy.







Day 19: 💥 Confidence in Christ's Victory Over Death

# Reflect and Apply

1.	How does Christ's victory over death comfort you in fear or grief?
2.	What does it mean personally to be 'more than a conqueror' through Christ?
3.	Where in your life can you claim this victory today?







Day 19: 🎇 Confidence in Christ's Victory Over Death

# Journaling Prompts

1.	Write a declaration of faith in Christ's victory over death.
2.	List fears or doubts about death you want to overcome in faith.
2	
3.	Describe ways you can live boldly as a conqueror through Jesus' love.







Day 19: 🎇 Confidence in Christ's Victory Over Death

## Prayer for Today

**Jesus, thank You for conquering death and giving me victory.** Help me to live with confidence rooted in Your resurrection power. *Remove fear and fill me with boldness to face the future with hope.* I rejoice in the hope of eternal life You secured for me.

Amen. 🙏 💛 💪

















Day 20: 🛞 Embracing God's Eternal Love

#### Your Verse

Jeremiah 31:3 - "I have loved you with an everlasting love; I have drawn you with unfailing kindness."

#### **Supporting Scriptures**

- Romans 8:38–39 "Nothing... will be able to separate us from the love of God."
- Psalm 36:7 "How priceless is your unfailing love, O God!"







Day 20: 🛞 Embracing God's Eternal Love

### Devotional: Unfailing Love That Never Ends

**Amid life's pain and grief, God's everlasting love remains steadfast.** Jeremiah highlights God's eternal affection and kindness toward us, a love that never fades or fails.

Paul echoes this, assuring us that nothing can separate us from the love of God in Christ Jesus. This love is priceless, a foundation for peace and hope.

Allow yourself to receive God's unfailing love today fully. Let it be the anchor that holds you through trials and the source of joyful expectation for eternity.







Day 20: 餐 Embracing God's Eternal Love

# Reflect and Apply

1.	How does God's everlasting love shape your understanding of your worth and future?
2.	What fears or doubts about God's love do you need to surrender?
3.	How can you rest more deeply in the kindness of God?







Day 20: 餐 Embracing God's Eternal Love

# **Journaling Prompts**

Write a love letter to God expressing your gratitude for His eternal love.
Describe moments when you've felt God's kindness despite hardship.
List ways to remind yourself daily of God's constant love.







Day 20: 🛞 Embracing God's Eternal Love

## Prayer for Today

Father, thank You for loving me with everlasting love. Draw me close with Your unfailing kindness and help me to rest in Your embrace. *Remove all doubts and fill me with peace rooted in Your goodness.* I trust Your love and rejoice in Your faithfulness.

Amen. 🙏 🎾 🛟







# Day 21: 🥕 Joyful Anticipation of Eternal Reunion









Day 21: 🕭 Joyful Anticipation of Eternal Reunion

#### Your Verse

1 John 3:2-3 – "Dear friends, now we are children of God... when Christ appears, we shall be like him... everyone who has this hope purifies themselves."

#### **Supporting Scriptures**

- Revelation 7:17 "For the Lamb at the center of the throne will be their shepherd."
- Philippians 1:23 "I desire to depart and be with Christ, which is better by far."







Day 21: 🏂 Joyful Anticipation of Eternal Reunion

#### Devotional: Looking Forward to Meeting Jesus

As this study comes to a close, focus on the joy of eternal reunion with Jesus. John speaks of how believers are God's children and will be like Christ when He appears.

This hope inspires holiness and purification, preparing us to meet Jesus face-to-face. Revelation promises that the Lamb will shepherd His people forever, ensuring tender care and perfect peace.

Paul's heartfelt desire to "depart and be with Christ" expresses the joyful expectation every believer can share.

Celebrate this hope today—let it fill you with peace, purpose, and anticipation for the glorious homecoming.







Day 21: 🥕 Joyful Anticipation of Eternal Reunion

# Reflect and Apply

1.	How does anticipating meeting Jesus shape your daily choices and attitudes?
2.	In what ways can hope motivate you to live a holy life even now?
3.	What excites or comforts you most about eternal reunion?







Day 21: 🥕 Joyful Anticipation of Eternal Reunion

# **Journaling Prompts**

1.	Write about your feelings imagining being with Jesus forever.
2.	List ways to prepare your heart and life for His return.
3.	Describe how this hope affects your priorities and relationships.







Day 21: 🕭 Joyful Anticipation of Eternal Reunion

## Prayer for Today

Lord Jesus, I look forward with joy to the day I will see You face-to-face.

Purify my heart and prepare me to stand in Your presence. *Fill me with peace and purpose as I await Your return.* Thank You for being my Shepherd and guide through life and beyond.

Amen. 🙏 🏂 😊







## Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.



Connect with us at:
Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.